

ABSTRACT

In an existing pillow, when the user makes a return to on-the-back lying from on-the-side lying, a strain forms in a region associated with on-the-side lying, so that an elasticity-less material, such as chaff, pipes or the like cannot perfectly adjust the sinking of the pillow under the weight of the neck. The inventive pillow consists of a total three divisions, one for the neck and two for the head. Thus, even if the user moves from on-the-side lying to on-the-back lying, the head and neck enter the recesses in the three divisions, thus eliminating the possibility of a strain forming in a region associated with on-the side-lying. Minus surface fasteners are attached to the pillow back for the neck and the head, while plus surface fasteners are attached to the outer seams in the divisions for the neck and head; thus, the sinking rises as at by squeezing as at for center movement, and the problem of too much rising is solved by loosening as at for outer movement and fixing the plus and minus surface fasteners. If combined with my Japanese Utility Model Application No. 2001-002267 U and Japanese Patent No. 2001-333518 A and Figure 19 (19, 28), this invention provides a pillow that adapts itself to the neck and head for all people in the world.